



125 Nourishing
Gluten-Free,
Plant-Based
Recipes—
ALL UNDER
300 CALORIES

Naturally Lean



**ALLYSON
KRAMER**

AUTHOR OF
*Great Gluten-Free
Vegan tofs*

LIFELONG BOOKS

PRAISE FOR *Sweet Eats for All*

“Anyone who loves desserts, whether or not they have dietary restrictions, will be delighted by the dazzling collection of irresistible recipes. From cakes, to cookies, candies (lollipops!), ice cream, even puff pastry—every category of sweet treats is represented. Lots of photographs, tips, techniques, conversions and substitutions, make this book as useful as it tempting!”—**Fran Costigan, author of *Vegan Chocolate and More Great Good Dairy Free Desserts Naturally***

“Gluten-free guru Allyson Kramer does it again—this time, with a dazzling collection of sumptuous recipes for all manner of cakes, cookies, pies, and more (including puff pastry!) that are both gluten-free and vegan.”—**Robin Robertson, bestselling author of *Vegan Without Borders, Vegan Planet, Quick-Fix Vegan, and many more***

“As a dietitian who recommends a wholesome, health-promoting diet, I would be remiss if I didn’t promote occasional decadent deliciousness. From homemade staples to cakes, cookies, ice cream, and more, *Sweet Eats for All* is sweet vegan, gluten-free heaven!”—**Julieanna Hever, MS, RD, CPT, author of *The Complete Idiot’s Guide to Plant-Based Nutrition and The Vegiterranean Diet***

“Allyson takes you from Almond Bon Bons to White Chocolate Peanut Butter Pretzel Tartlets and leaves nothing out in between. This is the new go-to allergy friendly cookbook for a sweet tooth. She brings cakes, cookies, pies, pastries, ice cream, puddings, candy and more back into your life. This book even has my new favorite dessert—Butternut Pots de Creme topped with smoked salt!”—**Kathy Hester, author of *OATrageous Oatmeals and The Great Vegan Bean Book***

“In these pages, you’ll find desserts that are free of common allergens, 100% vegan, and also totally satisfying. Kramer evokes beloved childhood while also keeping an eye on whole food ingredients. This is the ultimate collection for dessert lovers who happen to enjoy eating (and sharing) healthful, innovative plant-based food.”—**Gena Hamshaw, C.C.N., author of *Choosing Raw***

PRAISE FOR *Great Gluten-Free Vegan Eats*

“Blogger Allyson Kramer does what many thought impossible: she makes tasty, delicious food that is gluten-free. Simply put, this book wooed a staff that, shall I say, hasn’t always fully embraced foods made sans wheat protein. Kramer packs a winning one-two combo: she is a gluten-free flour expert, and she knows how to use them. You won’t miss a thing.”—**Joseph Connelly, Publisher, *VegNews Magazine***

“Allyson Kramer’s debut cookbook is the essential guide for deliciously creative, gluten-free, vegan eats! Filled with gorgeous photographs and mouthwatering recipes like Banana Berry Cobbler and Spinach Artichoke Dip, *Great Gluten-Free Vegan Eats* will inspire you to cook in a whole new way!”—**Julie Hasson, author of *Vegan Diner***

“It takes a lot of talent to adhere to two dietary restrictions and still come out with tasty recipes the way Allyson Kramer has done in *Great Gluten-Free Vegan Eats*.”—***Vegetarian Times***

“*Great Gluten-Free Vegan Eats* is a solid reflection of Allyson Kramer’s style and a shining example of why her blog, *Manifest Vegan*, has become so popular. Allyson delights the senses with stunning visuals, flavorful ingredients, and simplistic recipes that will make you forget about eggs, dairy, and gluten altogether.”—**Alisa Fleming**, author of *Go Dairy Free: The Guide and Cookbook*

“Being a gluten-free vegan just got a whole lot better, thanks to Allyson Kramer. In *Great Gluten-Free Vegan Eats*, Allyson dishes up a broad range of creative, tasty dishes. With beautiful photographs, this book will tempt eaters of all dietary persuasions.”—**Tamasin Noyes**, author of *American Vegan Kitchen*

“Allyson’s recipes are living proof that vegan as well as gluten-free food is delicious and fun! ‘You can eat cake’ . . . and then some!”—**Carolyn Scott-Hamilton**, author of *The Healthy Voyager’s Global Kitchen*

Naturally Lean

Also by Allyson Kramer

Great Gluten-Free Vegan Eats

Great Gluten-Free Vegan Eats from Around the World

Sweet Eats for All

Naturally Lean

125 Nourishing Gluten-Free,
Plant-Based Recipes—
ALL UNDER 300 CALORIES

ALLYSON KRAMER



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Designed by Megan Jones Design, www.meganjonesdesign.com
Set in 10.75 point Archer Book by Megan Jones Design

Cataloging-in-Publication data for this book is available from the Library of Congress.

First Da Capo Press edition 2016

Paperback ISBN: 978-0-7382-1856-4
Ebook ISBN: 978-0-7382-1857-1

Published by Da Capo Press
A Member of the Perseus Books Group
www.dacapopress.com

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10 9 8 7 6 5 4 3 2 1

*For my two beautiful children,
Landen and Olive.*



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INTRODUCTION

For as long as I can remember I have been passionate about food. But, for many years, I also struggled with my weight and accepting my body—and I'm guessing that some of you can relate to my experience. I grew up in the 1980s and '90s, when convenience trumped health in most food situations. Fast food was commonplace on our dinner table, as were all sorts of prepackaged meals filled with empty calories and hydrogenated fats. Comfort food was then the bulk of my diet and I never thought twice about it: it tasted great, was easy to obtain, and everyone else was eating that way. As I grew into my teens, I realized that I couldn't maintain a healthy weight on these junk and comfort foods, and I found myself turning to food restriction and dieting more often than I'd like to admit.

At the age of only fourteen, I thought that the key to a happy, healthy life was mastering the art of eating less. With this line of thinking, I found myself on a downward spiral. For almost fifteen years I had disordered eating habits that had a negative impact on my health and made food the focus of my life. I yo-yoed between weight gain and weight loss, and it did a whopper on my self-esteem.

Over time I ended up making food my enemy, even though it was something that brought joy to my life. Out of curiosity and desperation to end this vicious cycle, I started searching for some healthier ways to enjoy foods. This led me to discover new fruits, vegetables, and grains, and I was fascinated to learn how they impacted our body. I hadn't realized how the types of food we consume directly affect our mental and physical health.



This was a breakthrough in my thinking and I haven't viewed food the same since. We've all heard the adage "You are what you eat." While it's a very simplified way to express a quite complex idea, it couldn't be truer. Whole foods—foods that are minimally processed, such as fruits, vegetables, beans, grains, greens, and seeds—support a healthy lifestyle, from weight management to healthy aging, and there are so many reasons to make sure you're eating them in abundance and limiting your intake of processed foods. By eating more whole foods, you are consuming lower-calorie choices that are packed full of nutrients that will make your mind and body stronger, more energetic, and simply healthier. Because you aren't filling your body with empty calories and simple sugars, you can eat more, too. The more whole foods you consume, the better you feel.

Our body is designed to utilize nutrients (proteins, carbohydrates, fat, vitamins, and minerals that are essential to our well-being) as well as phytonutrients (plant compounds that aren't essential but help protect against diseases and illness). These nutrients and phytonutrients are found readily within whole foods, and eating a diet mostly composed of whole foods is the most efficient way of delivering nutrients to your body's cells. A plant-based diet is an easy way to introduce more whole foods to your diet. And, by also reducing your intake of gluten, you will rely less on common filler foods, such as bread made with refined white flour, seitan, and highly

processed vegan treats, and instead lean toward nutrient-dense foods. Fruits, vegetables, and grains are extremely low in empty calories and high in both insoluble fiber—the kind that helps foods move along our digestive tracts with ease by passing straight through, and soluble fiber—the kind that dissolves in water and binds to other foods slowing digestion that encourages nutrient absorption and keeps you feeling fuller longer.

Whole foods are not only better for you—they are essential. We should choose foods that exist in a fairly natural state over highly processed foods whenever possible; truly they should compose the bulk of our diet. On that note, I do not recommend deprivation and believe that mindful moderation is key. Eat healthy all week, and then have a killer dessert if you'd like on Friday—you get the idea. It's very easy to get off track with trying to be "too pure" in eating, and I would never ever advocate that.

Keep it simple. Seek out foods that are full of nutrients over more processed foods that are "empty" or devoid of any nutritional value. For those who are new to this type of eating, choosing the right foods can be difficult without any know-how. That's where this book comes in! Each recipe within this book is gluten-free, vegan, and made from 100 percent whole food ingredients, and is just as flavorful as any food that is laden with unhealthy and overprocessed ingredients. By readers' request, I've also included an "oil free" **OF** designation on appropriate recipes,

WHAT ABOUT SUPPLEMENTS?

Even though we can get some of the nutrients found in whole foods in the form of vitamin and mineral supplements, evidence from recent studies suggest that they simply won't be absorbed as well as they would from whole foods. Manufacturers and distributors do not need FDA approval to sell dietary supplements, and the labels on these supplements may make claims about nutritional values that are not entirely accurate.

The FDA does not analyze supplements prior to their being sold to consumers, so you may even be taking a gamble on your health by relying on supplements to fulfill your nutritional needs. However, taking supplements in addition to a balanced diet containing whole foods is certainly an option for many individuals and a topic to discuss with your physician or nutritionist. In fact, vegans should supplement their diet with vitamin B12, as this nutrient is quite difficult to obtain through a 100 percent plant-based diet.

However, if you only get your nutrients from supplementation, you are still going to need food to satiate your hunger. Supplementation can trick us into thinking it's okay to indulge in multiple servings of processed or shelf-stable prepackaged meals throughout the day (since we already consumed needed nutrients in the supplements). Yet, we are depriving our body of easy nourishment from whole foods and instead relying on a magic pill that may not even work that well. Highly processed, or "filler," foods satiate our hunger quickly and then turn to fat stores on our body unless we are burning the calories as fast as we consume them. And even if we are burning enough calories while subsisting on these foods, our cells are having a hard time keeping up without the proper nourishment.

so that people who eat little to no oil (often following the dietary advice of Dr. Caldwell B. Esselstyn, Dr. John McDougall, and/or Dr. Joel Fuhrman) can also enjoy many of these recipes with ease. I want to show you the variety of plants that are ready to be enjoyed—how to prepare them, how to incorporate them into your daily life, and how to love them. I am not a health professional—I'm simply sharing what works best for me after years of struggling to find something, anything that

would keep me feeling my best both mentally and physically. I still enjoy sugary sweets and other traditional comfort foods from time to time, but these are no longer the majority of my diet. Fresh fruits, colorful veggies, hearty grains, nuts and seeds are just too darn tantalizing to abandon, and I plan to keep them as the main part of how I eat for what I hope to be the rest of my long, healthy life. By eating this way and nourishing my body, I've noticed a positive change in my relationship

with food: I'm now able to maintain a healthy weight with little effort. My mental outlook is brighter, my skin is clearer (I used to struggle with cystic acne, yet when I'm eating right, my skin is super clear!), my nails and hair are stronger, and my energy levels stay steady throughout the day (no more three p.m. crashes!). Along with regular exercise, eating nourishing food is the perfect remedy to beating the body blues.

Now, you may find getting plenty of whole foods into your diet easy. You may wake up each morning and enjoy a wholesome breakfast and large glass of water and get plenty of fresh fruits and vegetables throughout the day. If this is you, you are awesome and your body knows it. Keep it up! And, read on for some more whole foods inspiration. If it's not you (you are awesome, too!), use the recipes on the following pages to help you make more colorful and nutritious choices.

For example, if you eat fast food three times a day, try replacing just one meal with one made from a colorful array of whole foods, such as a giant salad or my Curried Collard Wraps (page 21). Adding more whole foods to your daily diet will make a huge impact on your health and most likely will prompt you to make healthier choices more often—hopefully to the point where you will be enjoying fast food only on occasion.

EATING NATURALLY LEAN

I want to stress that this book is about eating lean and, more important, mindfully. That simply means cutting out the unpronounceable additives, highly processed ingredients, added sugars, and the like. This book is not about eating less. I solidly back a diet that is not only nutrient dense, but also filling. My motto is, if I'm still hungry . . . eat more! Keep in mind that by “more,” I not only mean more food, but also foods that are more nutritious: higher in nutrients and lower in calories than a typical fast-food meal or convenience food. So, if I'm still feeling a bit hungry after a meal or before one, I don't deprive myself; instead I reach for some fresh veggies and guacamole, an apple with nut butter, a banana, a plate of crisp cucumbers with hummus, or another nutritious snack until my hunger is curbed.

There are a lot of small “side dish”-type recipes in this book because I like to create a few small dishes and enjoy them together. It makes for nice harmony of nutrients, taste, and texture, and that makes eating healthier a lot more fun. Many of the smaller recipes included in this book pair marvelously with one another, such as the Curried Collard Wraps and Cheesy Chili Sweet Potato Fries (for more ideas, see recipe pairings and meal suggestions, page 199). Others are hearty and are filling enough as a full meal on their own, such as the Serious Taco Salad or Light and Lemony Fusilli. Eating not only a wide variety of foods, but also *enough* of those foods,

is super important to your physical and mental health. Only you know how many calories you need per day, depending on your height, weight, metabolism, and activity level. I recommend making sure you're getting enough—it will ensure that your hunger will stay at bay, which will in turn make it much easier to choose healthy foods, rather than eating whatever is available for a quick calorie fix.

Eating the best foods you can is key. I admit that sometimes that is easier said than done, but the knowledge here is the power. Go ahead and treat yourself every now and again with whatever you'd like to eat, but for the majority of your days, enjoy plenty of nutrient-dense foods and be sure to treat your body with respect. When you eat healthier foods, you provide your entire body, from your hair down to your toes, with the nutrients it needs to thrive.

HEALTHY HAPPY TIPS FOR LIVING THE NATURALLY LEAN WAY

H2Ohh Yea!

One of the best things you can do for yourself if you're not drinking enough water is to start drinking more water. Today. If you're feeling famished, you are probably also a bit dehydrated, so drinking water before, during, and after meals (basically all day long) will help you keep your appetite under control and your energy levels up. On average, healthy

women need about 2.2 liters of water per day and men need 3 liters. If you're not close to that number, increase it and watch what it does for your overall glow. You don't need anything fancy; I like to keep a water bottle with me at all times, and I encourage you to do the same. If your office has a water cooler, drink up! If you'd like to drink more at home but don't like the taste of tap water, simply add a splash of lemon or lime juice.

Get Bubbly!

I used to be horribly addicted to diet soda, and water never appealed to me much, even though I knew I should be drinking a lot of it. My solution? Seltzer! It's cheap, and free of added sugars and the phosphoric acid found in sodas. Plus, it's bubbly! I drink about three 16-ounce "sodas" a day, which is just seltzer with a touch of flavor, such as lemon, lime or grapefruit juice.

Salad Stacker

My favorite trick for increasing the nutrient value of almost every meal while adding some bulk with minimal calories: add greens! Simply grab a handful of prepped greens (any will do: baby arugula, chopped kale, Bibb lettuce, collard greens, romaine lettuce, spring mix—you name it) and place it in the bottom of a bowl or deep-dish plate. Then, simply top the greens with whatever you are eating for breakfast, lunch, or dinner. This works so well with pasta dishes (e.g., Mighty Mac and Collards, page 20) or chili (e.g., Rainbow



Veggie Chili, page 147) and well, just about anything. Frittatas, savory grits, Pad Thai Soba Noodles (page 112), are all made a touch tastier and healthier with the simple addition of greens.

If you buy a bunch of greens in bulk, cut down future salad making time by washing, drying, and chopping the greens and then storing them in one of those handy containers that precut greens are packaged in or another breathable container.

Get Moving!

Did you know that even five minutes of running a day can extend your life and decrease your chance for heart disease? Walking is also beneficial and most of us do it quite a bit already—even more reason to try and sneak in extra steps each day. If you hate the word *exercise*, then don't exercise; instead have fun! Go on a hike, have a dance party, take your pup for a long walk, swim a few laps at the pool, ride a bike, or play a game of Frisbee with your pals. As long as you're moving your body and increasing your heart rate, you're exercising!

More Is Better!

If you're having trouble keeping off excess weight, try adding a bit more to your day—meaning more of the fruits and vegetables you love, and more time for treating yourself to exercise. For example, if you are a sucker for tangerines (like I am), then increase how many you eat during the day and indulge in

them over other, less healthy snacks. If you normally walk or run a mile a day, add another quarter-mile to your daily routine. If you often try and snag the closest parking spot, park far away and consider it a fitness blessing in disguise. Just a little increase in healthy eating and exercise can go a long way in your quest for a leaner physique.

GOOD-FOR-YOU INGREDIENTS GUIDE

Before we dive into the recipes, it may be beneficial to get acquainted with a few less common foods that will be mentioned throughout this book. Now that technology has merged with our grocery stores, it's pretty easy to locate any of these foods online (I favor Amazon) or in specialty food stores, but many can also be found at typical chain grocery stores and supermarkets.

Beans

WHERE TO BUY: Supermarkets everywhere

Beans are nutritional powerhouses, boasting a good deal of fiber, protein, and even B vitamins per 1-cup serving. For the recipes where I call for cooked beans, I am referring to either canned beans or cooked dried beans. I prefer to cook my own beans (with less than $\frac{1}{4}$ teaspoon of salt per pound of beans) for best flavor and texture, but I totally understand the convenience of using canned beans, so I'll leave it up to you in these recipes. The nutritional info given for recipes featuring

beans is for cooked and lightly salted beans, so keep in mind the sodium counts will increase if you use salted canned beans.

Chickpea Flour

WHERE TO BUY: Indian groceries, natural food stores, typical grocery chains (in the gluten-free sections), online

This flour, also called garbanzo bean flour, is made from dried ground chickpeas and I love it for its versatility. It works great as a binder, a thickener, a wonderful baking flour, and even an egg replacer, and it adds a bit of protein to your dishes. I recommend seeking out chickpea flour from Indian markets (there called *besan*) for the best flavor and texture, but Bob's Red Mill also has its own variety, which is readily available in many grocery stores. Warning: Don't eat chickpea flour raw! It's not tasty at all when raw, but its flavor is transformed when cooked. Store chickpea flour in a cool, dark area for up to 4 months in an airtight container.

Buckwheat Flour

WHERE TO BUY: Supermarkets, natural food stores, Asian markets, online

Even though this flour's name sounds like it is a relative of wheat and therefore a grass, the buckwheat grains we consume are actually seeds, making it a pseudocereal. It is traditionally enjoyed in many Asian countries where actual wheat may have a hard time growing. Buckwheat flour is a fabulous

replacement for traditional wheat flour as it works quite similarly to wheat flour in baked goods and pastas. Buckwheat has an earthy flavor, dark color, and is high in B vitamins, fiber, magnesium, and protein. It also contains a phytochemical called rutin that is known to help strengthen the walls of our already fragile capillaries, which are integral in the exchange of nutrients between our blood and our body's tissues. Store buckwheat flour in an airtight container in a cool, dark spot to best retain freshness, for up to 4 months.

Cacao Butter

WHERE TO BUY: Specialty shops, natural food stores, online

Cacao butter, also called cocoa butter or theobroma oil, is the fat extracted from a cocoa bean that, while in its solid state, resembles a brick (or jar) of solid white chocolate; it melts at body temperature (which is why chocolate melts in your mouth!). Cacao butter is a great source of antioxidants and healthy fatty acids. It is available in many stores, but oftentimes it is sold as an external application, for making body lotions and the like. Be sure to seek out food-grade cacao butter; that way you'll know the quality and taste will be good enough to eat. Store cacao butter in a cool, dry place (I often tuck mine in the fridge door) due to its low melting temperature.

Carob Powder

WHERE TO BUY: Specialty markets, natural food stores, online

A caffeine-free alternative to chocolate, available in flour/powder and chips (the chips have some form of fat added to stabilize). Carob comes from a tree that is found in the Mediterranean. The tree produces pods (legumes) that are dried and then ground into a powder. Carob is naturally sweet, high in protein, low in fat, and delicious! Store carob powder in an airtight container in a dry area.

Chia Seeds

WHERE TO BUY: Supermarkets, natural food stores, online

Chia seeds have made waves in the food world due to their high amounts of omega-3 and -6 fatty acids as well as their ability to fill you up with relatively small serving sizes. Seek out whole chia seeds for puddings or adding to smoothies. To grind, simply pulse a few times in a spice or coffee grinder. Store whole seeds in an airtight container in the pantry for up to 3 months, and store ground seeds in an airtight container in the refrigerator for up to 1 month.

Cocoa Powder

WHERE TO BUY: Supermarkets everywhere and online

Cocoa powder has a deliciously rich flavor; is high in antioxidants, as well as fiber and iron; and is said to have mild antidepressant properties. Cocoa powder is simply ground cocoa beans with most of the fat removed. Cocoa powder comes in a few varieties, such as

Dutch-processed, dark, and raw; use any type of cocoa powder you'd like in the recipe that calls for this ingredient. Raw cocoa powder can be found in specialty health food stores and online, but it's not necessary. Even regular and Dutch-processed cocoa have a slew of nutrients and taste delicious. Store cocoa powder in an airtight container.

Coconut Cream

WHERE TO BUY: Supermarkets everywhere and online

Coconut cream can be obtained by refrigerating a can of full-fat coconut milk for about 3 hours and scooping the solid cream that condenses during chilling from the top of the can. (Do not use the coconut cream marketed for use in cocktails because it has added ingredients, such as thickeners and sweeteners.) Feel free to use the remaining coconut milk for other purposes, such as the liquid in baked goods or smoothies. Store unused coconut cream in an airtight container in the refrigerator for up to 3 days.

Dried Goji Berries

WHERE TO BUY: Natural food stores, online

These dried red berries appear in recipes throughout this book. They are actually considered a nightshade, related to eggplants and chile peppers. I jokingly refer to them as nature's fruit snack as they are chewy, tart, tangy, and sweet. These little guys add a burst of fun flavor to so many dishes and they are

high in vitamin C and iron. Store for up to 3 months in a tightly sealed resealable plastic bag or airtight container for best taste and texture.

Flaxseed

WHERE TO BUY: Most supermarkets, natural food stores, online

Flaxseed has grown in popularity over the last decade and is touted for its healthy nutritional profile, but I love flaxseed meal simply as a binder or a thickener for a variety of recipes. The fact that flaxseed is high in many minerals, such as copper, iron, magnesium, manganese, and phosphorous, is just a bonus. If you can't locate flaxseed meal, or prefer freshly ground, simply whirl whole flaxseeds in a coffee grinder until powdery. For best taste and freshness, store flaxseeds in an airtight container in the refrigerator for up to 6 months.

Hemp Hearts

WHERE TO BUY: Natural food stores, supermarkets, online

Hemp hearts are the tender, nutty, insides of a shelled hemp seed. They are rapidly gaining popularity among health-foodies due to their mild flavor and impressive nutritional makeup. Hemp hearts boast all nine essential amino acids; are rich in vitamin E, iron, magnesium, phosphorous, and zinc; and are considered a complete protein, making them a smart choice for plant-based eating. Hemp

hearts will usually be located near chia and flaxseeds in your local supermarket or natural food store. Store hemp hearts in your refrigerator in a sealed airtight container to keep fresh for up to 1 year.

Peanut Flour

WHERE TO BUY: Supermarkets, online

Peanut flour is made from peanuts that have been ground, just like peanut butter; yet in peanut flour, the oil is removed after grinding. This flour works great when the familiar flavor of peanut butter is desired, without the added fat or oiliness. Powdered peanut butter also exists, and is usually sold alongside peanut flour—but beware, this stuff often contains added sugars and other ingredients. Seek out flour that has only one ingredient: peanuts. Peanut flour has a good deal of calcium, folate, magnesium, manganese, and protein. Store peanut flour in a cool, dark place in an airtight container for best taste, for up to 4 months.

Raw Cashews

WHERE TO BUY: Chain grocery stores (look in the bulk section), natural food stores, online

Cashews aren't true nuts, but seeds that hang from the bottom of cashew apples, the fruit of the cashew tree. Raw cashews aren't technically raw but steamed, as they would be poisonous to us if we consumed them truly raw; they contain a toxin similar to that of poison ivy. Raw cashews are, however, unroasted and



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